



Wet Foot Test

An easy way to check the shape of your feet.

Wondering what shape feet you have? Simply wet the bottom of your foot in water, then stand on a flat surface that will show an imprint such as a brown paper bag, a sheet of paper, or brown paper towel. Your imprint should match one of the three common foot types (yellow denotes typical areas of impact):



Normal feet: normal-size arch; imprint is flared, with forefoot and heel connected by a wide band on the outside. A normal foot lands on the outside of the heel, then rolls inward (pronates) slightly to absorb shock. Shoe type – Stability shoe, moderate control.



Flat feet: low arch; leaves an imprint that looks like the whole sole of the foot. A flat foot strikes on the outside of the heel and rolls inward excessively; over time this can lead to injury. Shoe type- Motion-control, the most rigid control oriented running shoe.



High-arched feet: imprint has a very narrow band connecting forefoot and heel. This type of foot usually doesn't pronate enough and isn't good at absorbing shock. Shoe type- Cushioned shoe, plenty of flexibility.